

DINNERLY



Haloumi and Couscous Tray Bake with Lemon and Mint



35 minutes



2 Servings

Haloumi, broccolini and carrot get a lift with lemon and mint in this one-pan wonder. Simply roast the cheese and veggies, add couscous and water, then let it work its magic while you set the table.

WHAT WE SEND

- 180g haloumi ⁷
- 1 red onion
- 1 carrot
- 1 bunch broccolini
- 1 lemon
- 5g dried mint
- 150g couscous ¹

* The remainder of this ingredient won't be used in this recipe.

WHAT YOU NEED

- 2 tbs olive oil
- 180ml (¾ cup) boiling water

TOOLS

- 2.5L (10 cup) roasting pan or baking dish
- baking paper
- foil

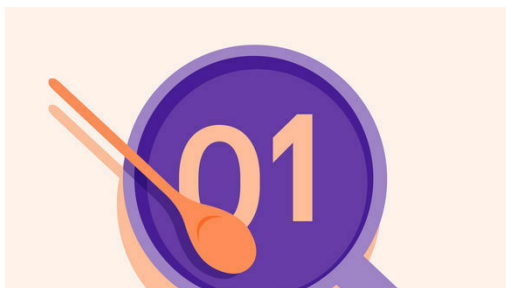
Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Gluten (1), Milk (7). May contain traces of other allergens.

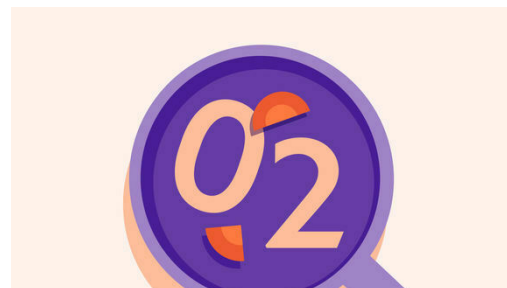
NUTRITION PER SERVING

Energy 760kcal, Fat 40.9g, Carbs 62.9g, Proteins 31.1g



1. Prep ingredients

Preheat the oven to 220C. Line a 2.5L (10 cup) roasting pan with baking paper. Cut the **haloumi** into 1cm-thick slices. Thickly slice the **onion**. Peel the **carrot** and cut into 1cm-thick batons. Trim the **broccolini** and cut into 4cm lengths. Finely grate the zest of **half the lemon**, then juice the half. Cut the **remaining half** into wedges.



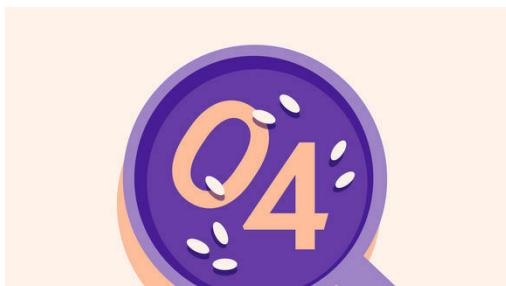
2. Season veggies

Put the **haloumi, onion, carrot, broccolini, 1 tsp dried mint*** and **2 tbs olive oil** in a bowl. Season with **salt and pepper** and toss to combine.



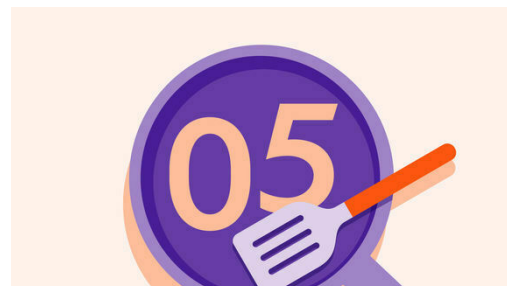
3. Roast veggies

Spread the **haloumi** and **veggies** over the lined pan and roast for 18-20 mins until golden and tender.



4. Add couscous

Scatter the **couscous** and **lemon zest** over the haloumi mixture. Drizzle with the **lemon juice**, then pour over **180ml (¾ cup) boiling water**. Cover with foil and stand for 5 mins or until the water is absorbed.



5. Serve up

Fluff the **couscous** with a fork. Divide the **tray bake** among plates. Serve with the **lemon wedges** and enjoy!



6. Did you know?

Although it looks like a grain, couscous is actually a type of pasta made from semolina flour and water. North African in origin, couscous means 'well rolled', named for the traditional way of making it – the semolina was sprinkled with water and then rolled by hand into tiny balls.